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How Do I Know if I am Enlightened?



# How Do I Know if I am Enlightened?

Sadhguru answers a confused seeker's question on how one can recognize whether one is enlightened or not. Sadhguru explains that enlightenment is not something that you do, it is something that blossoms when one's mind, body, emotion and energy are cultivated to their peak potential.

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### **Full Transcript:**

So if enlightenment happens, how do we know it has happened? Suppose we are hallucinating to be enlightened? Yes, such a thing happens, it will be clearer than daylight. It's not something that you can miss. It is not that kind of an event that you could miss it. You will not miss it. But when I say this, there is a problem attached to this because these days it is going on in many places. For a certain fee, within a weekend's time you can get enlightened. You will be declared enlightened by somebody, really. (Laughs) It's happening everywhere. If you just pay a certain amount of money, one weekend you can get enlightened. I remember in the 60s, in the 1960s in California people set up certain businesses – enlightenment services. The advertisement I remember very well. 'If you go to India it will take 12 years of hardship.' (Participant laughs) Okay? 'Fifty dollars, 30 minutes you can get enlightened.' They were just using psychedelic machines. You put up certain visuals and certain sounds it will just blow your mind apart because of the sounds and the visuals when you come out you come in a daze. (Participants Laugh)

You feel like you have really gotten somewhere. This used to be the advertisement; 50 dollars, 30 minutes. If you go to India, 12 years of hardship, here California, quick, new technology. These 1960 machines, this old technology has now infiltrated into India. Some people have installed these machines and they are claiming within a weekend they can enlighten you.

You cannot hallucinate about it. If you are sincere you would know that it is not so but if it's a part of the race that you want to get enlightened before somebody, of course you can declare 'I am enlightened.' It is just that these kind of deceptions are not new on the planet. They have been happening for a long time but now modern technology has come to aid them better, to give them an expanded sense of many things. Much experimentation was done during the 60s and 70s about these things. One is with these psychedelic machines; another is with psychedelic drugs. You take an LSD and people claim they are enlightened because they had an expanded sense just for a while and then they came back. If they overdid it then they lost everything, they cracked up in so many ways or even died. Many, many people mentally cracked up because of excessive use of psychedelic drugs but for those few moments they really felt enlightened or at least they thought so.

This is not something that you do; this is not something that you can do. It is just that if you cultivate the system – your body, mind, emotion and energy to its peak possibility then an absolutely wonderful flower blossoms within you. Not something that you did. You just waited with the right kind of conditions and it happened. There is a very beautiful story in the yogic lore. On a certain day, four men were walking in the forest. Are you okay for a story or after lunch is it dangerous to tell stories? (Participants Laugh) Lakshmi, will you stay awake through the story? Okay. Okay. That's alright, let me bother you for now. Something (we'll see – Unclear) anyway will come later. (Laughs) Now these four men were walking in the forest. One is a gnana yogi, another is a bhakti yogi, another is a karma yogi and the last one is a kriya yogi. These four people can never stay together; they cannot be together because a gnana yogi means yoga

of intelligence. He is a man of intellect, great intellect. He has complete disdain for everybody. He thinks everybody is a fool. Especially these bhakti yogis who are doing 'Ram Ram' or whatever, in his mind they look like utter idiots. He can't stand them, isn't it? Gita? (Laughs) Could that man stand bhakti yogis? No, he wouldn't stand; (Laughs) he just can't tolerate them.

Bhakti yogis, people of devotion; they have pity for everybody because 'When God himself is here you doing all these mental circus and physical circus – it's just stupid, isn't it? Just hold God's hand and walk into heaven.' So bhakti yogis have pity for everybody for all the foolishness that they are doing. Karma yogis think all these other people are just lazy people because if you want something to happen, you have to do it. Because they are lazy and unwilling to do what they need to do they have invented all these other yogas, (Participants Laugh) because in the world if anything has to happen you must do it, right? Action; these are yoga of action, karma. Kriya Yogis have utter disdain for everybody because 'After all the whole existence is energy. Unless you transform the energy how will anything change? Where is the possibility?'

So these four people can never be together but today they were walking together. Suddenly a thunder storm broke loose, a rain storm, rain started lashing from every side. They started running looking for shelter. The bhakti yogi said, 'There is an ancient temple in this direction, let's go there for shelter.' He always knows the geography of temples. He won't miss a single temple. So they all trusted him and ran in that direction. Then they found an ancient temple where the walls had collapsed long ago. Just a few columns and a roof was there and in the center there was a deity, god's image. They ran into this place. Not because they were seeking God, not in any kind of love for God, just to escape the rain, they ran in and then they stood there for a while. Then they found the rain started lash... lashing from every direction. Wherever they stood or sat the rain was getting at them. So the only place where they could sit was around the deity. So all four of them just hugged the deity and sat. Not because they have fallen in love with God; simply to

escape the rain. Suddenly God appeared. Tsk – In all their four minds the same question ‘Why now?’ (Participants Laugh) We did so much yoga, we did so much pooja, worship and so many things, you didn’t come then, now when are just escaping the rain why now? Then God said, ‘At last you four idiots got together.’ (All Laugh)

Without these four things getting together within you – your head, your heart, your hands and your energy – unless it all falls into place, unless all of it reaches its peak it will not happen and if it happens is there any chance that I may not notice it? There is no such thing. Even if you’re blind you know the Sun has come up, isn’t it? Yes? Even if you’re blind you still know the Sun has come up because nobody can miss it. It is not a small event that anybody can miss. You may not know whether you are born or not born but if you get enlightened you will know. (Laughs) It’s much bigger than that. (Participants clap) Birth will happen many times. This will happen only once.

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